

Naturally, every effort should be made to keep up the breast milk, yet nursing should not be made a matter of sentiment. One should know when to make a change if it is necessary, and be willing to make it. If the child does not thrive, if it is restless and cannot sleep, if it seems hungry after nursing, it is not being properly nourished. Do not wait until your baby is a mere skeleton "because you like to nurse the baby," or "because it is your duty." Your duty is to do your best for the baby's welfare always.

If your baby is not thriving on the breast, try the bottle. Cow's milk stands next to mother's milk for the baby. Cow's milk can always be had and if properly used is far better than any of the prepared baby foods on the market. Cow's milk contains all the elements necessary to nourish the infant, but they are present in different proportions than in mother's milk. When it is modified to suit the age and strength of the baby, the little one will be seen to thrive immediately.

Use the top of the milk at first, and for diluting use only boiled, cooled water. Small quantities of lime-water may be used for acidity if the baby requires it.

The following table is taken from Holt's book on "The Care and Feeding of Children."

| AGE.                       | Interval<br>between<br>meals by<br>day. | Night<br>Feeding<br>10 p. m.<br>to 7 a. m. | No. of<br>Feedings<br>in 24<br>hours. | Quantity<br>for One<br>Feeding | Quantity<br>for<br>24 hours<br>Feeding. |
|----------------------------|---|--|---------------------------------------|--------------------------------|---|
|                            | Hours                                   |  |                                       | Ounces                         | Ounces                                  |
| 2nd to 7th day.....        | 2                                       | 2  | 10                                    | 1 -1½                          | 10-15                                   |
| 2nd and 3rd weeks.....     | 2                                       | 2  | 10                                    | 1 ½-3                          | 15-30                                   |
| 4th and 5th weeks.....     | 2                                       | 1  | 10                                    | 2½-3½                          | 25-30                                   |
| 6th to 9th weeks.....      | 2½                                      | 1  | 8                                     | 3 -5                           | 24-40                                   |
| 9th week to 5th month..... | 3                                       | 1  | 7                                     | 4 -6                           | 28-42                                   |
| 5th to 9th month.....      | 3                                       | 0  | 6                                     | 5 -7½                          | 30-45                                   |
| 9th to 12th month.....     | 4                                       | 0  | 5                                     | 7 -9                           | 35-45                                   |

This schedule gives the averages for healthy children. The smaller quantities are those required by small children whose digestion is not vigorous.

The larger quantities are those required by larger children with strong digestion; in very few cases will it be advisable to go above these figures.

The interval is reckoned from the beginning of one feeding to the beginning of the next.

Milk should form the principal part of a child's diet for the first two or three years, and even after that let him have plenty of milk if you wish to keep him well. Do not give a child solid food for the first year and a half.

Personally, I do not believe in weaning a child from the bottle until he is two years of age, as he will take more milk from the bottle than from a cup, therefore will be better nourished with that and the light diet, such as, cereal, oatmeal, farina, cream of wheat—any of these must be cooked well—bread, soft-boiled or poached egg, soup or beef juice, baked potato, baked or stewed apples and prunes, fruit juice.